

Lactation Services:

Breastfeeding Consultants of San Diego
<https://www.bfcofsd.com/>

The San Diego Breastfeeding Center
<https://www.sdbfc.com/>

List of Lactation Consultants
<https://www.babiesbythebeach.com/lactation-consultants>

Night & Day
<https://www.nightanddaysandiego.com/breastfeeding-support>

Feeding Littles
<https://www.feedinglittles.com/>

Support Groups:

Comprehensive lists of in-person &
virtual support groups

<https://postpartumhealthalliance.org/get-help/postpartum-support-groups/>

<https://www.babiesbythebeach.com/support-groups>

POSTPARTUM RESOURCES

Mental Health Services:

Family Health Centers of San Diego
<https://www.fhcsd.org/prenatal-support-services>

Women's Reproductive Mental Health: UC
San Diego Health
<https://health.ucsd.edu/specialties/psych/clinic-based/reproductive-mental-health/pages/default.aspx>

Comprehensive List of Mental Health
Services specializing in Pregnancy &
Postpartum
https://www.optumsandiego.com/content/dam/san-diego/pdf/Postpartum_Mental_Health_Resource_Grid.pdf
[SHARP Mary Birch](#)

Reproductive Mental Health & Wellness
<https://www.reproductivetherapy.com/>

Therapists:

San Diego is home to a wide range of therapists specializing in
Pregnancy & Postpartum. Includes low-cost & sliding scale.

<https://www.therapyden.com/therapists/us/ca/san-diego/pregnancy-postpartum>

Rachel Rabinor, LCSW, PMH-C:
Counseling for Infertility, Loss, Pregnancy, Postpartum + Parenting
<https://www.rachelrabinor.com/>

Postpartum Health Alliance Provider Directory
<https://postpartumhealthalliance.org/postpartum-search-providers/>

Childcare Services:

San Diego County
Centralized Eligibility List: childcaresandiego.com

Happy Day Care:
(619) 646-4155

The Vine Learning Center:
thevinelearningcenter1.com

Ridge City Preschool & Daycare
ridgecitykids.com

Childtime of La Mesa
childtime.com/0252

Postpartum Support Providers

Comprehensive list through San Diego Birth Network
<https://www.sandiegobirthnetwork.org/members/postpartum-doula/>

One Moon Doula
<https://www.onemoondoula.com/>

Joyful Roots Doulas
sandiegocertifieddoulas.com

For the Village
<https://forthevillage.org/>

LoveStrong Wellness
<https://lovestrongwellness.com/>

Postpartum Apps:
Mothership Rising
<https://www.mothershiprising.com/>

Sleep Services:

The Baby Sleep Engineer

<https://www.thebabysleepengineer.com/>

Seed & Sow

<https://www.seedandsew.org/sleep-courses>

Sugar Night Night

<https://sugarnightnight.com/>

Infant Safety & Development:

The Wonder Weeks

<https://www.thewonderweeks.com/>

Safe in the Seat

<https://safeintheseat.com/>

General Info:

Build Your Nest Workbook

<https://www.buildyournestworkbook.com/>

Nuturely

<https://nuturely.org/>